

Master list of Community Resources

We know that our school community is a place in which many students and their families receive support, like our Breakfast Program; access to Guidance Counsellors and Mental Health specialists; connections with our Multi-Language liaison and many other services.

At our school we have a Breakfast Program- students can come and have a healthy breakfast. C202 from 7:45am- 8:15am.

If you are in need of financial, emotional or psychological support, check out these resources below:

Local Area Community Resources:

Around St. Pius X High School area

These community centers can help you access many free or low-cost resources, including: Food banks; assistance with health services, mental health counselling and many other services and programs.

Nepean, Rideau and Osgoode Community Resource Centre

<https://nrocr.org/>

Free services such as: Food support and baby cupboard; summer programs; tools 4 school; community programs; mental health and counselling; community resources for newcomers and other general resources.

Call our Intake desk directly at 613-596-5626, extension 249 or by email at intake@nrocr.org.

Youth in need of counselling support should call our Youth Intake desk directly at 613-596-5626, extension 308 or by email at youthintake@nrocr.org.

Nepean, Rideau and Osgoode Community Resource Centre
2nd Floor, Unit 240 1547 Merivale Road Nepean, Ontario
K2G 4V3 **Tel:** 613.596.5626 **Fax:** 613.596.1870

The Wrap-Around Poverty Reduction Initiative

If you are a client of the CareCentre Ottawa, FamSac and/or Sadagga Food Bank, you may qualify for services under the Poverty Reduction Wrap-Around Initiative.

- Services to alleviate poverty:
- Food Security
- Assessments and Referrals
- Resources to meet family needs
- Case Management
- Outreach on behalf of clients
- Provide individualized action plans for clients to meet their goals.

Reach out to Abir at 343-572-2422 to learn more or access support.

Care Centre Ottawa

<https://www.carecentreottawa.ca/>

Free Services such as: Food Support, meal program, cooking program; computer cafe; seniors deliveries; wrap around services

Email: info@carecentreottawa.ca

Phone: 613-693-0890 **Address:** 500 Viewmount Drive Ottawa ON Canada K2E7P2
(Corner of Fisher Ave. and Viewmount Dr.)

Debra Dynes Family House

<https://www.debradynesfamilyhouse.com/>

Free Services: Emergency Food Bank; Clothing and small household items; sewing group; after school program; emergency lunch program; computers and first work experience, summer camps, and more

info@debradynes.com

(613) 224-3824

955 Debra Avenue, Unit 85

Ottawa, ON K2C 0J5

Hours of operation:

Monday-Friday

9:00 A.M. - 12:00 P.M. & 1:00 P.M. - 3:00 P.M. ***The food bank operates the same hours with the exception of being closed Tuesday morning**

Caldwell Family Centre

<https://caldwellfamilycentre.ca/>

Free Services: Food bank and food security and meal programs;; Clothing depo and programs; drop in centre; assess to computers, employment readiness programs and more

info@caldwellcentre.ca

613-728-1800

1475 Caldwell Avenue, Ottawa ON K1Z 5L6

Salvation Army Booth Centre: provides emergency assistance to families and individuals with groceries and clothing/household vouchers and emergency transportation.

<http://www.ottawaboothcentre.org/>

Financial Assistance Resources

Emergency Financial Assistance:*Emergency assistance* (funds for food and shelter in the case of an eviction or if required to move for safety reasons)

<https://ottawa.ca/en/family-and-social-services/financial-and-social-assistance/apply-financial-assistance/emergency-assistance>

City of Ottawa- **Financial and Social Assistance**

<https://ottawa.ca/en/family-and-social-services/financial-and-social-assistance#>

Ontario Works (social assistance): Applications for **Ontario Works** are completed online or over the phone at 1-888-999-1142 from Monday to Friday from 8:30 am to 5 pm. Toll free TTY: 1-800-387-5559.

The **City of Ottawa** has many resources available: Call 311 or visit their website

<https://ottawa.ca/en/3-1-1>

3-1-1 online

110 Laurier Avenue West

Ottawa, ON K1P 1J1

Call 3-1-1 between 8:30 am and 4 pm:

- Select 1 for service in English or 2 for service in French
- Select 4 for Employment and Social Services
- Bell Relay TTY 1-800-855-0511
- OR 613-580-2400 or 1-866-261-9799
- Client Service Centre <https://ottawa.ca/en/client-services>

Affordable Internet Options:

- a) Connecting Families: <https://www.connecting-families.ca/welcome>
- b) Rogers Connected for Success: <https://about.rogers.com/stories/ontario/>
- c) National Capital FreeNet (for residents of Ottawa Community Housing)
<https://www.ncf.ca/en/>

Assistance with Utilities:

Ontario Energy Support Program allows some people to qualify for a subsidy on utility costs.

<https://www.oeb.ca/consumer-information-and-protection/bill-assistance-programs>

Furniture and Household items:

Furniture Bank of Ottawa: <https://www.matthewhouseottawa.org/furniture-bank> - provides one time assistance for families in need of furniture - referrals for this program **MUST** be made through your social worker or addiction counsellors.

Other Food Banks and Resources

City of Ottawa-Access to **Food banks and resources**

Call 2-1-1 or 613-761-9076 to connect with food resources such as:

- Food banks and referrals
- Food access for seniors/people with disabilities
- Cooking classes and facilities
- Food delivery for people who are homebound
- Food for special dietary needs
- Free/low-cost meals
- Growing/picking your own food

Food Banks:

Use your address to find your local food bank [here](#)

There are also other community-based food programs in some local areas and for cultural communities.

https://documents.ottawa.ca/sites/documents/files/covid_foodresour__en1.pdf

<https://ottawa.cmha.ca/about-cmha/for-clients/food-security/>

Fire of God - Donation based food program: Pick and choose groceries for a minimal donation or free box of groceries. Open Wednesdays: 5:30-7:30 p.m. and Sundays: 12:30 - 2:30 to anyone across the city 212 Murray Street, Ottawa

Emergency Pet Food Bank:

<https://ottawahumane.ca/services/emergency-pet-foodbank/>

Mental Health Emergency Numbers, Distress/ Crisis Lines and Resources

Youth Services Bureau Crisis Line (available 24/7)

613-260-2360 or chat.ysb.ca to chat online

Also offers other services for youth: Youth mental Health Walk in clinic For youth ages 12 to 20, and/or their parents or caregivers **Walk-in sessions:** Tuesdays (300–1355 Bank St.) and Thursdays (2225 Mer Bleue Rd.), 12 noon to 8 p.m. (last session is at 6 p.m.) .

-Other mental health services; Community and housing services; employment services; justice services and more. Visit their website for more information:

<https://www.ysb.ca/services/>

Ottawa Distress Centre (available 24/7)

613-238-3311 or **Ottawa Crisis Line:** 613-722-6914

Text:343-306-5550

Kids Help Phone (available 24/7) 1-800-668-6868 or text CONNECT to 686868

9-8-8 Suicide and Mental Health Crisis Line

Crisis line for 2SLGBTQ+ youth

<https://www.youthline.ca/>

call or text 647-694-4275 (4pm-9:30pm)

Translife line 1-877-330-6366

Indigenous Hope for Wellness Help Line

1-855-242-3310,

The Black Youth Helpline 1-833-294-8650,

1Call1Click www.1call1click.ca 613-260-2360

CounsellingConnect www.counsellingconnect.org

Counselling&Family Services www.cfsottawa.ca
613-233-9881

Bereaved Families of Ottawa-
<https://bfo-ottawa.org/> 613-567-4278

School Mental Health Ontario Resources
www.smho-smso.ca

Ottawa Rape Crisis Centre 613-562-2333 <https://orcc.net/>

Sexual Assault Support Centre of Ottawa 613-234-2266 <https://sascottawa.com/>
The Assaulted Women's 24hr Helpline at 1-866-863-0511.

WOCRC (Western Ottawa Community Resources) Counselling Services Team
613-591-3686 <https://wocrc.ca/programs/counselling-services/>

Ottawa Police Service 9-1-1 (life threatening emergency or crime) 613-230-6211 (other emergencies) <https://www.ottawapolice.ca/en/>

Crossroads: Children's Mental Health Centre

<https://crossroadschildren.ca/>

Mental Health Services; Child and Family Clinic; Parents/caregiver
1755 Courtwood Crescent, Ottawa, Ont K2C 3J2
613-723-1623

PLEO- Parents Lifeline of Eastern Ontario

Free parent's helpline - We provide **Family Peer Support** through integrated services specifically designed to support parents.

613-321-3211 or 1-855-775-7005

Parents support Group and Mobile one-to-one services <https://www.pleo.on.ca/>

Housing, Health Care, Basic Necessities and Other Programs Services:

Health and Basic Needs: Community Health and Resource Centres offer food cupboards, clothing, primary care medical clinics, and various services for each community's needs. Use your postal code to find your local Community Health or Resource Centre [here](#) or <http://coalitionottawa.ca/en/find-your-chrc.aspx>

Emergency Shelters/ Housing:

For Youth-YSB offers emergency shelter for youth seeking temporary housing. We also offer the Transitional Housing Program and the Long-Term Housing Program. Please contact each program or shelter directly for more information about each service or info@ysb.ca.

Evelyn Horne Young Women's Emergency Shelter, 613-789-8220

<https://www.ysb.ca/services/community-and-housing-services/housing-and-shelter/young-womens-shelter/>

Young Men's Emergency Shelter, 613-907-8975

<https://www.ysb.ca/services/community-and-housing-services/housing-and-shelter/young-mens-shelters/>

Transitional Housing Program for Young Women, 613-789-8220

<https://www.ysb.ca/fr/services/services-communautaires-logement/logement-service-urgence/programme-logement-transition-jeunes-femmes/>

Transitional Housing Program for Young Men, 613-907-8975

<https://www.ysb.ca/services/community-and-housing-services/housing-and-shelter/transitional-housing-programs-for-young-men/>

Long-Term Housing Program, 613-241-7788

<https://www.ysb.ca/services/community-and-housing-services/housing-and-shelter/long-term-housing-program/>

Restoring Hope: Youth Shelter and Services 613-808-3321

<https://www.restoringhope.ca/for-youth>

First Baptist Church at 140 Laurier Ave. W., Ottawa. Please knock on the door at the side of the church on Elgin St.

Operation Come Home- Youth Shelter and Services 613-230-4663 150 Gloucester St. <https://operationcomehome.ca/>

Shepherds of Good Hope: Shelter and Housing

<https://www.sghottawa.com/shelter/>

Please contact us at 613-688-2929 ext. 322 to speak with someone at the front desk who will be able to assist you.

Cornerstone- Women's Shelter

<https://cornerstonewomen.ca/>

Please contact us at 613-237-4669 ext. 300 to speak with someone at the front desk who will be able to assist you.

St. Joe's Women's Centre- housing, emergency food bank; lunch programs, and more

<https://stjoeswomenscentre.org/>

151 Laurier Ave. East

Ottawa, Ontario

K1N 6N8

Phone: (613) 231-6722

Stepstone House- Refugees and Newcomers

A transitional shelter for refugees and newcomers. We provide food, settlement services, and one-on-one integration support. <https://stepstonehouse.ca/contact-us/>

Phone: 613-421-4140

Email: info@stepstonehouse.ca **Address:** 60 Chippewa Ave, Nepean, ON, K2G 1Y2

Housing Support through the City of Ottawa

Families requiring emergency housing must first be assessed by the City of Ottawa to determine eligibility and authorize placement. For eligibility and placement please contact a City of Ottawa crisis worker at 613-560-6000 during office hours or call 3-1-1 after hours or on weekends.

Housing Registry of Ottawa: To apply for subsidized housing or subsidies for market rent, you must complete an application and send to the Housing Registry

<https://www.housingregistry.ca>

Connecting Ottawa- find list of social services

<https://connectingottawa.com/social-services/>

Chaplain Health- <https://champlainhealthline.ca/>

Access to multiple resources for clothing, food and shelter
<https://champlainhealthline.ca/listCategories.aspx?id=10055>

Assistance with Health Services and Social Supports

Essential health and social supports: Urgent dental care and dentures, eye exams and glasses, fuel/gas/hydro arrears, deposits and reconnection fees, rent arrears and deposit, Assistive Devices Program (ADP) 25% consumer contribution, bathroom aids, surgical and diabetic supplies, cremations and burials

<https://ottawa.ca/en/family-and-social-services/financial-and-social-assistance/apply-financial-assistance/essential-health-and-social-supports-ehss>

Or call the City of Ottawa at **3-1-1**, select **1** for English, **4** for Social Services, then **3**

Dental health

- [Healthy Smiles Ontario \(HSO\)](#) (**link is external**) is a free dental program that covers regular and emergency dental care for children 17 and under. The program is designed for lower-income families in need of support.

You can check to see if your child(ren) are eligible and you can apply [on-line](#)

- Urgent dental care is available for social assistance (Ontario Works) recipients and low-income adults who qualify for [Essential Health and Social Supports \(EHSS\)](#).
- Adults are assessed by a City dental client to determine treatment.
- Denture services covered under the Community Denture program may be provided however, the service must be pre-approved at a City dental clinic.

Apply: If you are already an “Ontario Works” recipients

Contact a City dental clinic. Adults must go to one of the [City's dental clinics](#) to determine treatment. City Dental Clinics: 400-1580 Merivale Road 613-580-9631 or 2525 St. Laurent Boulevard 613-580-9632

Essential Health and Social Supports for dental care and eye-wear, etc. To apply: Call 3-1-1 between 8:45 am and 4 pm Select 1 for English or 2 for service in French, then Select 4 for Social Services

- **Cost of medical supplies** Low-income individuals and social assistance recipients can get help with the cost of medical supplies. For information on how to apply for short-term help call 311.
- **Prescription drugs**-For the Ontario Drug Benefit program, your coverage is automatic if you are receiving financial or residential assistance. Seniors contact their pharmacist. For help paying the deductible for Ontario Drug Benefit or Trillium Drug Program, low-income residents can apply for help by calling 3-1-1 between 8:30 am and 4 pm:
 - Select 1 for service in English or 2 for service in French
 - Select 4 for Employment and Social Services
 - Bell Relay TTY 1-800-855-0511

One Sight Program: Accessing free prescription glasses

https://onesight.org/app/uploads/2018/12/OneSightVoucherProgramIntro_CA.pdf

Services, Support and Resources for Newcomers, refugees

OCISCO Ottawa Community Immigrant Services Organization <https://ociso.org/>

OCISO Main Office 959 Wellington Street West, Ottawa, On K1Y 2X5 Canada

613-725-0202 Fax 613-725-9054

CCI Ottawa- Catholic Centre for Immigrants Ottawa <https://cciottawa.ca/>

219 Argyle Avenue, Ottawa ON, K2P 2H4

Hours: 9 a.m. to 4 p.m., Monday to Friday

Telephone: (613) 232-9634

All new clients must book an appointment. To book an appointment, please call us at 613-232-9634 or fill out [our contact form](#). During your first appointment, you will meet with an intake counsellor who will assess your needs and provide you with advice and referrals to help you with your settlement journey.

Muslim Family Services 613-562-2273 mfso.ca **Email:** info@mfso.ca

309 Cooper Street, Suite 503, Ottawa On K2P 0G5,

Rwanda Social Services and Family Counselling 613 736-6165

htrwandasocialservices@gmail.com

<https://www.rwandasocialservicesottawa.org/>

Help with Communication and/or translation

<https://connectingottawa.com/communication-barrier-services/>

INDIGENOUS COMMUNITIES Support & Resources:

Hope for Wellness Help Line 24/7 1-855-242-3310 <https://www.hopeforwellness.ca/>

Wabano Centre- Heath Clinic; programs & support; community

Central and Administration 613-748-0657 info@wabano.com

<https://wabano.com/>

Akausivik Inuit Family Health Team - Medical Centre

www.aifht.ca

613-740-0999

24 Selkirk St, Suite 300, Vanier, ON K1L 0A4

Métis Nation of Ontario - Healing and Wellness Branch Services - Community Support Services

www.metisnation.org 613-748-1880 ext 303

214 Montreal Rd, Suite 400, Ottawa, ON K1L 8L8

Minwaashin Lodge - Indigenous Women's Support Centre

<https://www.minlodge.com/> 613-748-8311

2323 St Laurent Blvd, Ottawa, ON K1K 4C1

Odawa Native Friendship Centre

<https://odawaafc.com/> 613-722-3811

815 St Laurent Blvd, Ottawa, ON K1K 3A7

reception@odawa.on.ca

Tungasuvvingat Inuit - Urban Inuit Community Centre www.tiontario.ca

613-749-4500

1071 Richmond Rd W, Ottawa, ON K2B 6R2

Other Services, Programs and Resources:

Belong Ottawa: Community and Spiritual support; Hot meal and snacks; access to other support services; Centre 454; The Well; St. Luke's Supper Table

<https://belongottawa.ca/> 613-235-4351

<https://belongottawa.ca/programs/>

Belong Ottawa at The Well 154 Somerset St. West. Ottawa ON, K2P 0H8

Belong Ottawa at Centre 454 454 King Edward Avenue. Ottawa ON, K1N 7M8

Belong Ottawa at St Luke's Table 211 Bronson Ave, Ottawa ON, K1R 6H5

Child Care Registry: A child care fee subsidy helps with the high cost of child care, covering all or part of child care costs. An application must be completed online

Recreation & Programs: The City of Ottawa Hand In Hand application is a subsidy to help qualifying individuals, families and children access recreation programs offered by the City of Ottawa. To apply, complete the application form, and bring it with proof of income to your local recreation facility. Or you can visit the recreation facility to pick-up the form to complete.

Kids Sport- <https://kidsportcanada.ca/>

Tel: 416-899-9106

info@kidsportontario.ca

KidSport Ontario gives grants to families to help remove financial barriers to sport.

Since 1993, we have helped nearly 1 million kids off the sidelines and into a season of sport! Apply for Grant- <https://kidsportcanada.ca/ontario/provincial-fund/>

Jumpstart Canadian Tire program-<https://jumpstart.canadiantire.ca/>

1.844.YES.PLAY (937.7529)

Individual grants for sports; resources

<https://jumpstart.canadiantire.ca/pages/individual-child-grants>

<https://jumpstart.canadiantire.ca/pages/resources-for-parents>

John Howard Society- New location at 401 Bell Street South, Ottawa ON K1S 4K5

Tel: 613.789.7418 – Email: jhsottawa@jhsottawa.ca

Our organization has a strong history of helping individuals, and families, who are at risk of, or have come into, conflict with the law. Our work includes the provision of prevention and intervention services, as well as advocacy, public education, and community partnerships. Our diverse client group includes youth and adults, males and females, from a wide cross section of social, ethnic, linguistic and cultural backgrounds representative of our broader community

YMCA- Programs, support and housing services

<http://www.ymcaottawa.ca/>

Youth Programs, child care, employment & immigration services; Housing Services

<http://www.ymcaottawa.ca/housing-services/>

Taggart Family YMCA- specifically for Housing services and shelter

Shenkman Residence at the Taggart Family Y

180 Argyle Ave, Main floor 613-788-5063

St. Mary's home-teen parents support

<https://stmaryshome.com/>

To learn about our programs or to speak with a counselor, call: 613-749-2491

St. Mary's Home 780 rue l'Eglise Street Ottawa, Ontario K1K 3K7

By Phone: (613) 749-2491 By Fax: (613) 569-6582

By email: info@stmaryshome.com

The Young Parent Outreach and Program Center is located in the Vanier area of Ottawa. One of its greatest features is that it's a "one-stop" multi-service center. It brings together in one location, a number of different services and programs all designed to meet the unique needs of young pregnant women, young moms and dads and their children. It's one place where you can get support from the time you learn you are pregnant, all the way through until your child reaches the age of 6. Here are some of the activities available:

- Learn how to have a healthy pregnancy
- See a doctor
- Join a support group
- Learn how to care for your growing child and how to be the best parent you can be
- Complete high school credits
- Get advice on how to manage your money

Youville Centre <https://www.youvillecentre.org/programs-services/> 613-231-5150

Youville Centre is a non-profit, registered charity and Accredited Child and Youth Mental Health Agency that serves adolescent mothers and their children

Boys and Girls Club <https://www.bgcottawa.org/>

2825 Dumaaurier Avenue, Ottawa 1-888-824-0183

BGC Ottawa helps kids and teens learn important skills to do well in life by offering special programs, local services, and friendships with other kids and adults who care about them.